

Montgomery County
Department of Health and Human Services
Aging and Disability Services

Community Support Network News

2006 TASH Conference



The 2006 TASH conference is being held in Baltimore, Maryland, this year, from November 8—11, 2006. The TASH conference will join together people from around the world committed to promoting empowerment of people with disabilities and their families.

TASH believes that no one with a disability should be forced to live, work, or learn in a segregated setting; that all individuals deserve the right to direct their own lives. For 31 years, TASH members have advocated for and implemented progressive policy, practices, and research to ensure that all people—regardless of their label or perceived level of disability—have the supports they need to lead valued lives. TASH is dedicated to disseminating information that reflects value-based and evidence-based strategies to pursue equitable access, participation and full inclusion in school, community, and work for people labeled with disabilities—particularly those who are at most risk of being excluded from community life.

The TASH conference is the largest and most progressive conference in the United States that focuses on strategies for achieving full inclusion for people with disabilities. Sessions at this year's conference will focus on:

- *Inclusive Education Across the Lifespan
- *Innovations in Research and Practice
- *Transition, Community Living & Employment
- *Values, Advocacy & Ethics

The Conference will be held at The Baltimore Convention Center in downtown Baltimore. For more information on the conference, go to www.tash.org or call TASH at 410-828-8274.



Autumn 2006

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Helping
to Make Your
Community Links



The Community Support Network News is a quarterly publication distributed to Montgomery County residents, schools, agencies, and organizations who are currently on our mailing list. If you or your organization would like to be added to our CSN mailing list, please call 240-777-1216 with the complete name and address.

OCTOBER 2006

Su	Mo	Tu	We	Th	Fri	Sat
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NOVEMBER 2006

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DECEMBER 2006

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**Calendar of Events****October****1 14th Annual Comcast Family Toon Day at Strathmore**

Strathmore's family festival with music, arts and crafts, and Toon characters. Strathmore, North Bethesda, 11 a.m.-4 p.m., H, 301-581-5100, www.strathmore.org.

7 Taste of Bethesda

Bethesda's famous food and music festival features 50 restaurants, four stages of entertainment and a children's area for young visitors. Norfolk, Fairmont, St. Elmo, Cordell and Del Ray Aves., Bethesda, 11 a.m.-4 p.m., H, 301-215-6660, www.bethesda.org.

7 Magical Montgomery Cultural Fair

Cultural street fair featuring two stages of entertainment, and booths with arts organizations and artists selling their creations. Ellsworth Drive at the fountain, Silver Spring, 12 noon-6 p.m., H, www.silversprUng.com.

7 - 11/27 Chrysanthemum Autumn Display "Celebrate Butterflies"

The display will feature a variety of chrysanthemums, some grown in fanciful shapes depicting butterflies and their nectar flowers. Brookside Gardens, Wheaton, 10 a.m.-5 p.m., H, 301-962-1400, www.brooksidegardens.org.

8 Oktoberfest at the Kentlands

German music and food, family activities, arts and crafts vendors, scarecrow making, and hayrides. Co-sponsored by the Kentlands Citizens Assembly. Kentlands Village Green, Gaithersburg, 12 noon-4 p.m., H, 301-258-6350, www.gaithersburgmd.gov.

20 Haunted Happenings

Drive-in movie, Croydon "Creep" Nature Center activities and more. Rockville Civic Center Park, Rockville, 6-9 p.m., \$, H, 240-314-8600, www.rockvillemd.gov.

28 Potomac Day 2006

Parade, children's festival, business fair, car show and tons of fun. Potomac Promenade Shopping Center, Potomac, 7:30 a.m.-3 p.m. (various events during the day), H, 301-299-2170, www.potomacchamber.org.

31 Trick or Treating Time in Olde Towne

Entertainment, free hot cocoa and cider, and store-to-store trick or treating in Gaithersburg's historic business district. Olde Towne (Summit & Diamond Aves.), Gaithersburg, 6-7:30 p.m., H, 301-258-6350, www.gaithersburgmd.gov.





November



11 Veterans Day Ceremony

Gaithersburg joins with the nation in honoring those who have served. Guest speaker, wreath-laying ceremony and recognition of local veterans. City Hall Concert Pavilion, Gaithersburg, time TBA, H, 301-258-6350, www.gaithersburgmd.gov.

15 - 12/24 "Cinderella"

A charming prince, a pumpkin coach, one spunky fairy godmother, and a dreamer with a heart of gold round out this magical musical by the legendary Rodgers and Hammerstein. While the musical version of this classic fairy tale was originally produced for television, it shines even more brightly on stage! The whole family will love this enchanting story of hope, love, and dreams come true. Olney Theatre Center, Olney, Evenings Wednesday-Saturday 8 p.m., Sunday & Tuesday 7:30 p.m., Matinees Thursday, Saturday & Sunday 2 p.m., \$, H, 301-924-3400, www.olneytheatre.org.



16, 17, 18, 19 Sugarloaf Crafts Festival

This exciting show features 500 fine artisits & contemporary craft designers, delicious food, children's entertainment and craft demonstrations. Montgomery County Fairgrounds, Gaithersburg, 10 a.m.-6 p.m., Friday and Sunday and 10 a.m.-7 p.m. Saturday, \$, H, 800-210-9900, www.SugarloafCraft.com.

17, 18 Fall Arts and Crafts Show

This two-day event will feature unique hand made items from dozens of local crafters. Workshops and other special family events are also planned during the show. The event will take place at the Activity Center at Bohrer Park. For more information, visit <http://gaithersburgmd.gov>.



18 Montgomery County Thanksgiving Parade

Only Thanksgiving parade in Metro Washington televised live on News Channel 8 and re-run on Thanksgiving Day. Downtown Silver Spring from Sligo to Silver Plaza, 9:30 a.m., H, www.silversprUng.com.

18 Santa Arrives at Lakeforest!

Santa will be on hand for wish lists and photos. Lakeforest Mall, Gaithersburg, Mall hours, H, 301-840-5840, www.shoplakeforest.com.

22 - 1/7/07 "Garden of Lights"

10th Anniversary Illuminated Winter Garden Walk Light show display with 650,000 twinkling lights shaped into imaginative animals, flowers and fountains delight more than 40,000 visitors yearly. Brookside Gardens, Wheaton, 5:30-9 p.m. (last car admitted at 8:30 p.m.), \$, H, 301-962-1453), www.brooksidegardens.org.

24 The Comedy and Mystery Society

Uproarious theatre with astounding sleight of hand! Held at the Arts Barn in the Kentlands. \$, 301-258-6394, www.gaithersburgmd.gov.

24 - 12/31 Gaithersburg Winter Lights Festival

A three-and-a-half-mile drive through more than 380 enchanting light displays. Vignettes change and more are added each year. A portion of the proceeds benefits local charities. Seneca Creek State Park, Germantown, Sunday-Thursday 6-9 p.m., Friday-Saturday 6-10 p.m., \$, H, 301-258-6350, www.gaithersburgmd.gov.





December

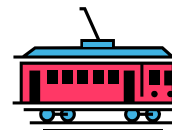


1-15 Best of Broadway

A review of many favorite Broadway songs presented by the Award winning voices of Kensington Rats Theatre. Fridays & Saturdays, 8 p.m., at the Arts Barn at Kentlands. \$, 301-258-6394, www.gaithersburgmd.gov.

2, 3, 9, 10, 16, 17, 23, 30 Holly Trolleyfest

Ride with Santa on the street cars and see toy trains! National Capital Trolley Museum, Silver Spring, 5-9 p.m., H*, 301-384-6088, www.dctrolley.org.



2 - 31 Children's Winter Repertory Theatre

Enjoy performances of "The Nutcracker" and "The Snow Queen" on Saturdays & Sundays in December at the Arts Barn in Kentlands. \$, 301-258-6394, www.gaithersburgmd.gov.

2 - 31 Winter Conservatory Display

Colorful combinations of flowering and foliage plants surround a model train traveling through a depiction of Little Bennett Regional Park. Brookside Gardens Conservatory, Wheaton, 10 a.m.-5 p.m., H, 301-962-1400, www.brooksidegardens.org.

2 Gaithersburg Tree Lighting Ceremony

The "official" start of the holiday season in Gaithersburg, with caroling, hot chocolate and the ceremonial lighting of the tree. City Hall Concert Pavilion, Gaithersburg, 6 p.m., H, 301-258-6350, www.gaithersburgmd.gov.



3 Holiday Tree Lighting at the Waters House

Santa arrives in his horse-drawn wagon at this annual holiday open house. Have refreshments, sing carols, and see the neighborhood tree lit at this free community event. Then, share your holiday spirit by donating a new toy for area charities. Waters House, Germantown, 4:30-6 p.m., 301-515-2887, www.montgomeryhistory.org.

5 - 31 Holiday Tours

The Beall-Dawson House is decorated for the holidays. This year's theme is children and objects related to the lives of children during the 19th & 20th centuries will be exhibited. Hot spiced cider and cookies are served following the tour. Beall-Dawson House, Rockville, Tuesday-Sunday 12 noon-4 p.m., \$, H*, 301-762-1492, www.montgomeryhistory.org.

8 - 10 Bethesda's Winter Wonderland

A festive holiday event featuring carolers, arts and crafts, storytelling, holiday treats and Santa Claus. Various locations, Bethesda, H, 301-215-6660, www.bethesda.org.



Supporting Siblings of Children with Special Needs

Adapted from a brochure created by Heather Dorn and Erin Wacholtz, the following tips are ideas and suggestions on how to help siblings of children with disabilities. The focus of the tips is on how to share information, keep communication flowing, and provide time and attention to each child. For further information, please go to: <http://www.uwsp.edu/education/pshaw/Portfolios/Heather%20Dorn/Brochures/siblings.pdf>

Tips for Siblings of Children with Disabilities

- Take care of yourself. Sometimes this is hard, but it is very important.
- Talk about how you're feeling. Find an adult or another sibling to talk to, write to, or send email to. You are not alone.
- Let your parents know when you need extra attention.
- Remember, you have a right to your own friends, interests, and to pursue your own goals just like any other brother or sister would.
- Encourage your parents to make plans for your sibling and to include you in the process.
- Give your brother or sister your love and the chance to love you back.

Worries & Concerns Siblings Have

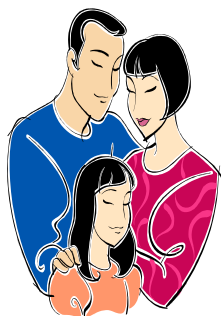
- Limited time & attention from parents
- May worry about bringing friends home
- Embarrassment about a brother or sister in public
- Teasing or bullying about a brother or sister
- Protectiveness about a very dependent or ill brother or sister
- May feel guilt about being angry with a brother or sister with a disability
- Why them and not me?
- Restrictions on family activities
- Concerns about the future



Watch for Warning Signs of Anxiety and Depression

For Anxiety:

- Excessive Worry
- Tearful at slightest frustration
- Has difficulty separating from parents
- Sleep problems or changes in sleeping habits
- School phobia
- Worry about health or well-being of family members
- Somatic symptoms (ie. Stomachaches and headaches)



For Depression:

- Change in child's eating habits
- Sense of helplessness/ hopelessness
- Continued sense of irritability
- Difficulty making decisions or concentrating
- Lack of pleasure in activities
- Social Withdraws

Suggestions for Parents to Minimize Siblings' Concerns

- Provide them with age-appropriate, honest information.
- Provide them with opportunities to meet other siblings of children with special needs.
- Encourage good communication between you and your children.
- Set aside special time to spend with typically developing children.
- Provide time to have an open discussion with the family.
- Reassure them by planning for the future of the child with special needs.



Social Security's Reference Book Now Available On-Line!

The Red Book serves as a general reference source about the employment-related provisions of Social Security Disability Insurance and the Supplemental Security Income Programs for educators, advocates, rehabilitation professionals and counselors who support individuals with disabilities. The reference book is available in English or Spanish, and can be accessed by going to <http://www.socialsecurity.gov/disabilityresearch/redbook.htm>.



Montgomery County Public Schools Transition Services Next Steps: School to Adult Living Transition Workshops

The Montgomery County Public Schools, Transitioning Services Unit is sponsoring five School-to-Adult Living Transition workshops for students and their parents this fall. Programs will address eligibility services available in the community and in the schools, student and parent roles and responsibilities in accessing those eligibility services, and tips to promote a successful transition from MCPS to adult living.

I. Adult Services	October 3, 2006
II. Montgomery College Night	October 25, 2006
III. Postsecondary Education	November 2, 2006
IV. Integrated Employment and Vocational Training	November 8, 2006
V. Independent Living, Community Participation, Continuing and Adult Education	November 14, 2006

All workshops will take place at Earle B. Wood Middle School from 7 p.m.—9 p.m. For more information about the workshops, call 301-517-8278.



The Sibling Support Project: SibKids Listserv



SibKids is the internet's first listserv for young brothers and sisters of people with special health, developmental, and emotional needs. SibKids is also a great place to meet other young brothers and sisters from around the world. On SibKids, members talk about their siblings with special needs, favorite music, friends, local sports teams, school—just about anything!

SibKids members say they enjoy talking about the good parts and not-so-good parts of having a sibling with special needs with other kids who "get it!" After all, no one knows what it is like to be a sibling of a kid with special needs better than another "sib"!

For more information or to join SibKids listserv, go to www.thearc.org/siblingsupport/sibkids-listserv.

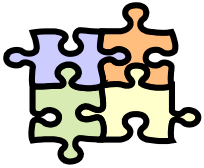


9th Annual Respite Awareness Day Conference

The Maryland Respite Care Coalition presents the 9th Annual Respite Awareness Day Conference, scheduled for October 23, 2006, at the Maritime Institute Conference Center. By definition, respite is designed to provide a break for caregivers of persons with developmental disabilities and frail/elderly persons.



For more information on the Conference, call John Garrett at 301-539-4642 ext. 126 or email at jgarrett@securecareservices.com. For more information on how to access respite in Montgomery County, call Respite Services of Montgomery County at 301-816-9647.



MCASA Montgomery County Chapter of the Autism Society of America

MCASA will host the following meetings:

- **Wednesday, October 4, 2006** (7:30 - 9:00 pm. @ MPAC) with Dr. Newschaffer- Center for Autism and Developmental Disabilities Epidemiology Johns Hopkins Bloomberg School of Public Health.
Topic: "Autism, Autoimmunity and Environment"
- **Thursday, November 16, 2006** (7:15 - 9:00 pm @ MPAC) with Dr. Marc DiFazio - Child Neurologist
Topic: latest proposed substrate for AS disorders, and "comorbidities" - accompanying disorders such as seizures/epilepsy, OCD/anxiety,etc.

Both meetings will be held at the Montgomery Primary Achievement Center, 10611 Tenbrook Drive, Silver Spring, MD 20901. For more information, please contact Maria Dudish at 301-593-3797.

Community Forum on Health

The Montgomery County Commission on Health is sponsoring a forum on health care disparities in minority communities and access to care opportunities for low-income and medically underserved residents in Montgomery County. The forum will be held on Thursday, October 19. For more information, call Debra Ross at 240-777-1141 or email at debra.ross@montgomerycountymd.gov.



American Association on Health & Disability Publishes Quarterly Newsletter Online

The American Association on Health & Disability (AAHD) is an organization that supports health promotion and wellness initiatives in people with disabilities at the federal, state, and local level. The AAHD publishes a quarterly newsletter online full of information related to health and wellness. To access this newsletter, go to www.aahd.us and click on "newsletter".



Commercial and Home Remodeling for Accessibility

Living Solutions is a company that provides a variety of services to help make commercial and residential buildings more safe and accessible for the elderly and individuals with disabilities. The goal of these services is to increase the level of independence for individuals in their own homes. Living Solutions offers individualized services such as Accessibility Assessments and Planning, Assistive Devices and Durable Medical Equipment, Modifications/Remodeling/Universal Design and Training and Support. Staff at Living Solutions can be contacted by calling (202) 460-9919 or (202) 459-3754 or by sending an email to: info@LivSolutions.com

Montgomery County
Department of Health & Human Services
Aging and Disability Services
Community Support Network
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Suite 450
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Free Educational Seminars For Parents And Caregivers Of Individuals With Developmental Disabilities

Montgomery County Department of Health & Human Services (MCDHHS), in collaboration with the Jewish Social Service Agency (JSSA) and The Arc of Montgomery County, is pleased to sponsor seminars for parents and caregivers of individuals with developmental disabilities. All seminars are free for participants, however **registration is required**. The following seminars have been scheduled for the fall:

Tuesday	October 10, 2006	How to Get From Start to Finish: A Road Map of Services for Children With Disabilities	6:45 p.m.—8:45 p.m.
Tuesday	November 14, 2006	Developmental Disabilities Administration (DDA) Basics	6:45 p.m.—8:45 p.m.
Tuesday	December 12, 2006	Social Security Benefits	6:45 p.m.—8:45 p.m.

For more information or to register, please call 240-777-1216 or TTY 240-777-1217. Space is limited. If you require assistance in order to participate, please call 240-777-1216 one week prior to the seminar date.
